

Tuna & Noodles⁴⁵

Number of Servings: 45 (201.64 g per serving)

Amount	Measure	Ingredient
2 3/4	lb	Pasta, egg noodles, enrich, dry
5 1/2	lb	Fish, tuna, light, w/water, drained, can
14.00	Tbs	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
3 1/2	cup	Onion, white, fresh, chpd
5 1/2	cup	Celery, fresh, diced
2/3	cup	Flour, all purpose, white, bleached, enrich
1/2	tsp	Spice, pepper, black
4 1/2	Tbs	Base, chicken, low sod, 0144, FS
3 3/4	qt	Water, municipal
6 3/4	oz	Cheese Product, past, proc, light, rducd fat
1/2	tsp	Spice, paprika

Nutrients per serving

Nutrition Facts	
Serving Size (202g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 360mg	15%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 20g	
Vitamin A 6%	Vitamin C 2%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* Low sodium chicken base should be approx 20 mg sodium/oz or no more than 10 mg sodium/Tablesppoon
Potentially hazardous food. Food Safety Standard: Hold food for service at internal temperature above 140 degrees F.

Cook noodles in unsalted boiling water and drain. Each pound of noodles should yield 3 pounds cooked noodles or approx 2 quarts.

Drain and flake tuna and add to noodles.

Melt margarine in pan, add onions and celery and saute until tender. Add flour and peper to onion mixture and stir until blended. Cook 2 minutes, stirring constantly.

Stir in chicken base and add water gradually, stirring constantly with wire whip. Cook until thickened.

Add noodles and tuna to sauce. Stir gently until well blended.

Each 13# will fit in a 12X20 pan (25 servings).

Sprinkle cheese over casserole and sprinkle lightly with paprika.

Bake at 350 degrees until mixture is heated to 180 degrees F and cheese is melted, 30-35 minutes.

Serve 8 oz (2 #8 scoops)/serving

1 serving = 24 grams carbohydrate = 1 1/2 carb servings

370 mg sodium/serving